

One Sweet Day

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Niels Poulsen (DK) - October 2008
音乐: One Sweet Day - Boyz II Men & Mariah Carey



Intro: 16 counts from first beat (app. 20 seconds into track). Start with weight on R

Note: This dance is written in memory of the late Claudia from Hong Kong. We will miss you!

Extra note: Please note that there's a beginner dance called 'Sweetie' to the same music

(1 – 8) ¼ Sweep, Jazz ½, Step ½ Turn, ¼ Turn, Behind Turn ½ With Sweep, Run Run

- 1 Turn ¼ L stepping fw on L and sweeping R foot around and in front of L [9:00]
- 2&3 Cross R over L, step back on L, turn ½ R stepping fw on R [3:00]
- 4&5 Step fw L, turn ½ R stepping fw onto R, turn ¼ R stepping L to L side [12:00]
- 6&7 Cross R behind L, turn ¼ L stepping fw on L, turn ¼ L on L sweeping R in front of L [6:00]
- 8& Run diagonally fw on R towards 4:30, repeat with L [4:30]

(9 – 16) Cross Rock, Side R, Cross Rock, 3/8 L, Basic R, Sway, Sway

- 1 Cross rock R over L [4:30]
- 2&3 Recover weight back to L, step R to R side turning body ¼ R, cross rock L over R [7:30]
- 4&5 Recover weight back to R, turn 3/8 L stepping a small step fw on L, make big step R [3:00]
- 6&7 Close L behind R, cross R over L, step L to L side swaying upper body to L side [3:00]
- 8 Step onto R swaying upper body to R side [3:00]

(17 – 24) Side L, 2 Diagonal Back Walks, 3/8 Turn R, ¼ Side Rock, Cross, ¼ L, Side L, Cross, Side Rock Cross

- 1 Step L to L side [3:00]
- 2&3 walk diagonally back on R towards 10:30, repeat with L, turn 3/8 R stepping fw on R [9:00]
- 4&5 Turn ¼ R rocking L to L side, recover R, cross L over R [12:00]
- 6&7 Turn ¼ L stepping small step back on R, step L small step to L, cross R over L [9:00]
- 8&8 Rock L to L side, recover R, cross L over R [9:00]

(25 – 32) Basic R, Side L, Touch Behind, Full Unwind, Basic L, ¼ R, Jazz Box ¼ L

- 1 Step R a big step to R side [9:00]
- 2&3 Close L behind R, cross R over L, step L to L side [9:00]
- 4&5 Cross touch R behind L, unwind full turn R (weight R), big side step L [9:00]
- 6&7 Close R behind L, cross L over R, turn ¼ R stepping R fw and sweeping L around [12:00]
- 8& Cross L over R, turn ¼ L stepping back on R (getting ready to start from the top turning another ¼ L) [9:00]

Begin Again!